

Therapist Aids Troops

By Pfc. Matthew McLaughlin
10th Mnt. Div. Public Affairs

CAMP AL-TAHREER, Baghdad - When not creating better relations between Multi-National Forces and the Iraqi community, Capt. Brett Parish, from the Dallas-based 345th Tactical Psychological Operations (PSYOP) Detachment, volunteers his time and skills as a physical therapist for the 210th Forward Support Battalion (FSB).

Parish is a physical therapist in his civilian life. He enlisted as an active duty Soldier when he was 17 and transferred to the Army Reserve after his initial enlistment was complete. He graduated from the University of Texas with a master's of science degree with physical therapy as his specialty.

Parish is currently serving in Baghdad while his unit is attached to the 2nd Brigade Combat Team (Commandos), 10th Mountain Division.

Soldiers at 210th FSB's medical tent were excited to hear Parish would volunteer his time every Sunday morning for four hours, said Sgt. David Annable, from the 210th FSB.

Parish said he set aside his personal time for the FSB because he wanted to work with Soldiers.

"I saw there was a need," Parish said. "We have Soldiers working in extreme conditions who need a physi-

Continued on Page 2



By Cpl. Benjamin Cossel, 122nd MPAD

Handing a family a box of food, 2nd Lt. Kenneth Heebner, the information operations officer with 1-12 Cavalry, worked with Soldiers of the 478th Civil Affairs Team to bring humanitarian aid to residents of the Al-Tamar district of Baghdad Sept 14.

Food Drop Aids Neighborhood

By Cpl. Benjamin Cossel
122nd MPAD

AL-TAMAR, Baghdad - Many have said that the way to a man's heart is through his stomach. The same holds true for the poverty stricken people of the Al-Tamar district, who have barely enough food to survive.

While civil affairs projects addressing sewage and electricity loom large in improving the daily existence of many Iraqis, the effects for many are not immediately felt. Projects of this scope and magnitude take time and effort and

while they are important in building a positive relationship between citizens of Iraq and Multi-National Forces, their significance is diminished to those who need food today, not electricity tomorrow.

Combining their efforts, Soldiers of Teams Stryker and Falcon of the 478th Civil Affairs Battalion, attached to 1st Battalion, 12th Cavalry Regiment, visited residents of the Al-Tamar district of Baghdad to deliver food and cooking supplies, Sept 14.

"We're out here today," explained 2nd Lt. Kenneth Heebner, the information

operations officer with 1-12 Cavalry, "to bring humanitarian aid to the Iraqi citizens in our area of operations to help better their life and to increase positive attitudes towards Multinational Forces."

Members of the civil affairs teams coordinated with local leaders of the area to pre-select the most suitable location for the drop off site. As the LMTV (Light Mobile Tactical Vehicle) backed into the site to drop off its treasured load, Soldiers worked with members of the Iraqi National Guard to establish

Continued on Page 2



By Pfc. Matthew McLaughlin, 10th Mnt. Div. Public Affairs

Capt. Brett Parish, with the 345th Tactical Psychological Operations Detachment, checks a patient's foot Sept. 12 in Iraq.

Psyop Therapist Helps Commandos

Continued from Page 1
cal therapist. It also gives me a way to keep my skills up. I offered to volunteer my time on Sunday mornings. I see four to six patients any given hour."

Having their own physical therapist is a tremendous asset to Soldiers and units alike, Annable said.

"When Soldiers deploy, their pain doesn't go away," he said. "Having a physical therapist here is beneficial to their health and to mission

accomplishment."

Units usually don't deploy with a physical therapist. Soldiers can get help for their pains, but it can be time consuming and tedious.

"If someone comes to us with chronic ailments and we can't heal them, they have to go to (Baghdad International Airport) and get on a bus to the Green zone to see an orthopedic surgeon," Annable said. "Parish gives Soldiers the help they need without the inconvenience.

1-12 Cav. Brings Food to Al-Tamar

Continued from Page 1

a security perimeter. Once the perimeter was established, families filed by one-by-one to receive a package.

"What we're delivering today is what we refer to as a roadie pack," noted Sgt. 1st Class Felipe Azua, noncommissioned officer in charge of Stryker Team. "Each package contains non-perishable food items such as sardines, jams and jellies, cooking lard, bags of beans and rice, a propane stove and pots and pans to cook them in."

Azua explained that one of the keys to the rations was that the items were non-perishable.

"Al-Tamar is such a poor region that most people here have neither electricity nor a refrigerator. But even when we deliver food to areas with power we still stick with the dry goods, all and all it works out better," he said.

While some Soldiers distributed food items, other Soldiers worked to entertain the children that invariably gather during such operations. By passing out candy,

crayons and amusing them with magic tricks, Soldiers entertained children for over an hour while they waited for their parents to collect a package and call them home.

Noting that this region had not previously received any food drops, Azua explained the importance of this quick impact, highly visible project

"When you work on larger projects," said Azua "people of an area don't have as much of an opportunity to see us (Multi-National Forces) and they tend to take for granted things like sewage and electricity once they are working. Being out here with children laughing and playing with the Soldiers, families getting food, they see that and they remember us. And they do remember us, when we come back through an area we've visited, people waive and smile and give us the thumbs-up sign. It goes a long way to counter some of the disinformation that has been spread about Multi-National Forces."

Useful Iraqi Words/Phrases

I'm lost.
ana taaeh

Saturday

High: 104
Low: 76



Sunday

High: 104
Low: 74



Monday

High: 104
Low: 74



Weather information provided by 1CD Staff Weather Office (SWO)

Commanding General: Maj. Gen. Peter Chiarelli

Public Affairs Officer: Lt. Col. James Hutton

122nd Mobile Public Affairs Detachment Cmdr.: Maj. John Fuhrman

Public Affairs Supervisor: Master Sgt. Dave Larsen

1st Sgt. 122nd Mobile Public Affairs Detachment: 1st Sgt. William Kuhns

Editor: Spc. Andy Miller

Staff Writers: Sgt. 1st Class Tony Sailer, Staff Sgt. Susan German, Sgt. Merrion LaSonde, Sgt. Dan Purcell, Sgt. Christina Rockhill, Cpl. Benjamin

Cossel, Cpl. Bill Putnam, Spc. Jan Critchfield, Spc. Marie Whitney, Spc. Erik LeDrew, Pfc. Al Barrus, Pfc. Brian Schroeder, Pfc. Matthew McLaughlin.

The Daily Charge is an authorized publication for members of the U.S. Army. Contents of **The Daily Charge** are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or the 1st Cavalry Division. All editorial content of **The Daily Charge** is prepared, edited, provided and approved by the 1st Cavalry Division Public Affairs Office.

News Notes

Community Support for Hood

KILLEEN, Texas (*Temple Daily Telegram*) - A subcommittee of the Texas State Legislature's Defense Affairs and State-Federal Relations Committee held a public hearing Thursday at the Killeen Civic and Conference Center. The hearing was to address the needs of Central Texas communities preparing to defend against base closure when the federal Base Realignment and Closure (BRAC) Authority meets in 2005. In addition to their needs, speakers listed the ways their communities provided support to Fort Hood.

Heifer Intl. gets Hilton Award

LITTLE ROCK, Ark. (*Democrat-Gazette*) - Heifer International, an Arkansas-based charity that provides livestock to needy families worldwide, will receive the \$1 million Conrad Hilton Humanitarian Prize. Jo Luck, the organization's president, will be joined this afternoon by members of Arkansas' congressional delegation on Capitol Hill, where the prize winner will be announced. It is considered the world's largest humanitarian award. The annual honor, named for the hotel entrepreneur, was inaugurated in 1996 and is presented to a nonprofit organization judged to have made significant contributions in alleviating human suffering. Heifer is the first U.S. based awardee since 1997.



Austin American-Statesman

Jerry Johnson digs for an object that set off his metal detector at Zilker Park on Wednesday. After big events such as the Austin City Limits Music Festival, people drop lots of small items including coins and rings. The most valuable item Johnson has found is a gold medallion on a baseball field. The Austin City Limits Music Festival is an annual event that has been drawing large crowds since 1975.

Cove Fire Dept. gets Ladder

COPPERAS COVE, Texas (*Copperas Cove Herald*) - Copperas Cove Fire Department has set a goal to have its first ladder truck in service within 30 days.

The 1993 K.M.E. 75-foot quint fire truck reached Cove early Friday morning. Training Officer Gary Young was the first to take the new firefighting wheels for a spin. Young said every fire department personnel will have to trained on the new fire truck. The new

truck requires more height clearance and drivers need to be aware that the truck is top-heavy, Young said.

"This truck's taller than any other truck we've had," Young said.

The new truck requires that outriggers be set out on the side of the vehicle to lift the back half of the truck up to create stability for raising the ladder. Young said the truck requires full extension of the riggers and can not be short jacked.

"If we're going to set it up in the street, we need to make sure it has room (for the riggers)," Young said. The truck is about eight feet wide, with the riggers extended to truck needs about 14 to 16 feet of clearance in order to safely set up, Young said, adding that some narrow streets in Copperas Cove will not be able to support the clearance of the truck's setup.

"It would be physically impossible to set up," Young said.

Another concern that personnel will have to learn to be aware of is elevation. The back end of the truck needs to be lifted slightly off the ground and so facing up or down a slope will

determine if the truck can be safely set up for ladder use.

The new truck will also have to be fully equipped with the department's new 800 mhz communications system.

After a quick wash at the department, the truck was positioned in the parking lot of the Civic Center.

A 75-foot ladder fully extended from its base atop the department's newest fire engine greeted city officials and City Council members Friday as they gathered to view the improvements made to the Civic Center.

Councilman James Stockman said he was greatly impressed with the new fire truck.

"The city really needed one," Stockman said.

The new truck has a remote control nozzle on the end of the ladder. Young said the new firefighting tool will enable the department to fight fires proficiently by spraying water directly on top of fires.

"It's a used vehicle," said Councilman Ray Don Clayton. "But it would have cost the city \$650,000 for a brand-new one and we only paid \$150,000 for this one."



Copperas Cove Herald

Training Officer Gary Young sets up the Copperas Cove Fire Department's first ladder truck in the Civic Center parking lot.

Better Than Flipping a Coin**Columnist Leading with NFL Picks**

By Master Sgt. Dave Larsen
Sports Buff

Flip a coin. Go ahead. The 50-50 potential is about how well I picked the first two weeks of National Football League games in this column.

Actually, I did manage to beat the guest prognosticator in the Aug. 20 edition of Cav. Country, going 20-12 to Seattle-native Capt. Mark Favero's 18-14. Favero actually had 12 of 16 correct predictions in week one, but went 6-10 in week two. I, at least, managed to win more than I lost each week, but if I were in an office pool I'd still be going home a loser.

Let's talk surprises so far. The Jacksonville Jaguars are undefeated! The Falcons haven't lost yet! The Lions lead the NFC North Division! What is the world coming to? What next? Snow in Baghdad?!

I expected Green Bay to be unbeaten, too, and took a lot of ribbing when the Bears spoiled my beloved Packers' home opener 21-10. To make it worse, I heard it first from a Vikings fan! (Thank you, Spc. Peterson!)

As I write this column, the third week of the NFL season looms large. For week four picks, I've invited Sgt. Maj. John Pratt, the 1st Cavalry Division's operations sergeant major, to take his turn in the hot seat. Pratt is a Miami-native and huge Dolphin fan who recognizes that 2004 will not be a magical season for his fish.

"1972 ... that was a perfect year," Pratt reminisced.



Green Bay fan Master Sgt. Dave Larsen.

"This season, before Ricky Williams quit and David Boston got injured, I had the team picked to go to the Super Bowl. Now, we'll be lucky to get above .500."

Pratt, a former tailback and strong safety with Miami Central High School, expects his Dolphins to finish out this season at 7-9. Still, he's got them winning in both weeks three and four (hoping to even up their record at 2-2). Week four shapes up like this:

N.Y. Jets at Miami

Curtis Martin was leading the NFL in rushing after the first two weeks! (Surprise!) Can he grind it out against the Dolphins on the road? I say yes to a Jets road win; the Sergeant Major stays loyal to his roots.

Cincinnati at Pittsburgh

We both like the Steelers at home against the Bungles, er, I mean the Bengals.

New England at Buffalo

Calling this his upset of the week, Pratt takes Buffalo at home to beat the world champions. I've seen the stat line on Drew Bledsoe and the Buffalo offense, and they are not living up to pre-season expectations. I say the Pats win in a walk.



Miami fan Sgt. Maj. John Pratt.

Oakland at Houston

The Texans were supposed to be "much improved" this year according to a lot of pre-season football geniuses (myself included). They lost their opener to San Diego! Still, Pratt takes the Texans at home. I don't. The Raider Nation wins on the road.

Washington at Cleveland

Which Redskin team will show up? Good or bad? I say they win in Cleveland. The Sergeant Major takes the home team again.

New Orleans at Arizona

I take the (high) road team again. Pratt takes the Cardinals in the desert. Neither team is very good. Actually, we both flipped a coin on this one.

St. Louis at San Francisco

We both like the 49ers at home against the Rams, who have underachieved in the first two weeks of this season. Ken Dorsey looks like the "next great quarterback" in the bay area.

Indianapolis at Jacksonville

Both teams started out the season 2-0. Indianapolis is for real; the Jaguars are not. We both pick Indy.

N.Y. Giants at Green Bay

No questions here, either: we both like the Pack

at home this week.

Philadelphia at Chicago

Donavan McNabb-to-Terrell Owens is looking like magic for the Eagles. Who quarterbacks for the Bears again? At home or not, we both think Philly will put the smack down on Chicago.

Atlanta at Carolina

I like the way Michael Vick is playing, so I'm taking the Falcons on the road. The Sergeant Major is taking the Panthers at home.

Denver at Tampa Bay

John "Chuckie" Gruden's Buccaneers started off this year 0-2. Chuckie hates to lose! We both take Gruden's crew over the visiting Broncos.

Tennessee at San Diego

In another "upset special" pick, Pratt said the Chargers will prevail at home this week. I don't think so.

Kansas City at Baltimore

Monday Night Football comes to the Inner Harbor. I picked to Chiefs to win the whole she-bang in the pre-season. They've

looked pretty bad, starting out 0-2. Still, I'll stick with them, hoping they win this one on the road. The Sergeant Major (smartly) takes the home favorite.

You gotta love sports. Where else can you disagree with a sergeant major and get away with it? I only agreed with my guest picker on six games, while disagreeing on eight. Time will tell who gets the bragging rights.

We're still looking to line up guest NFL prognosticators. Interested? E-mail me at david.j.Larsen@1cd.army.mil.

Go Packers!